

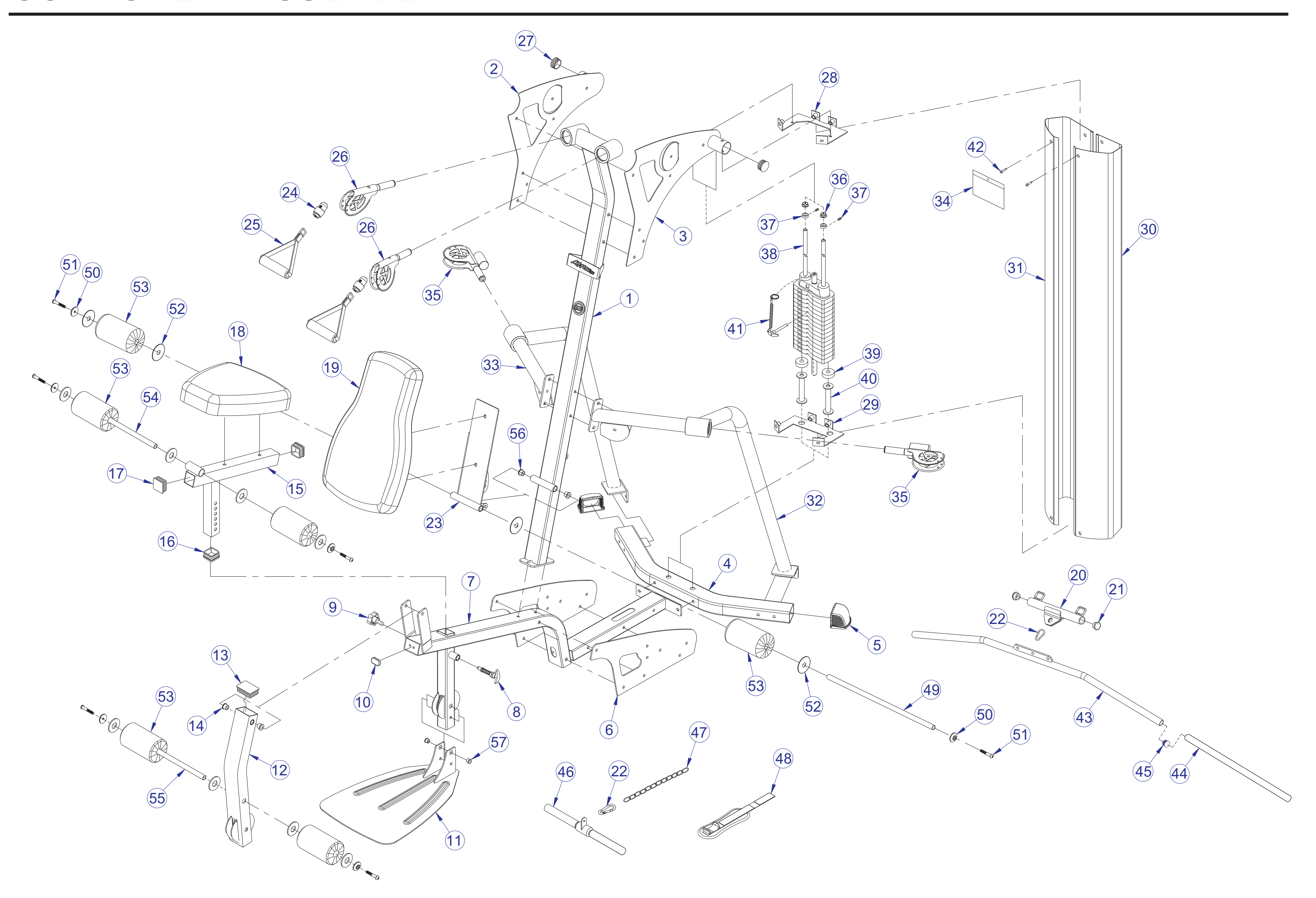
G3-001
G3 HOME GYM

Customer Support Services

PARTS MANUAL

CONTENTS

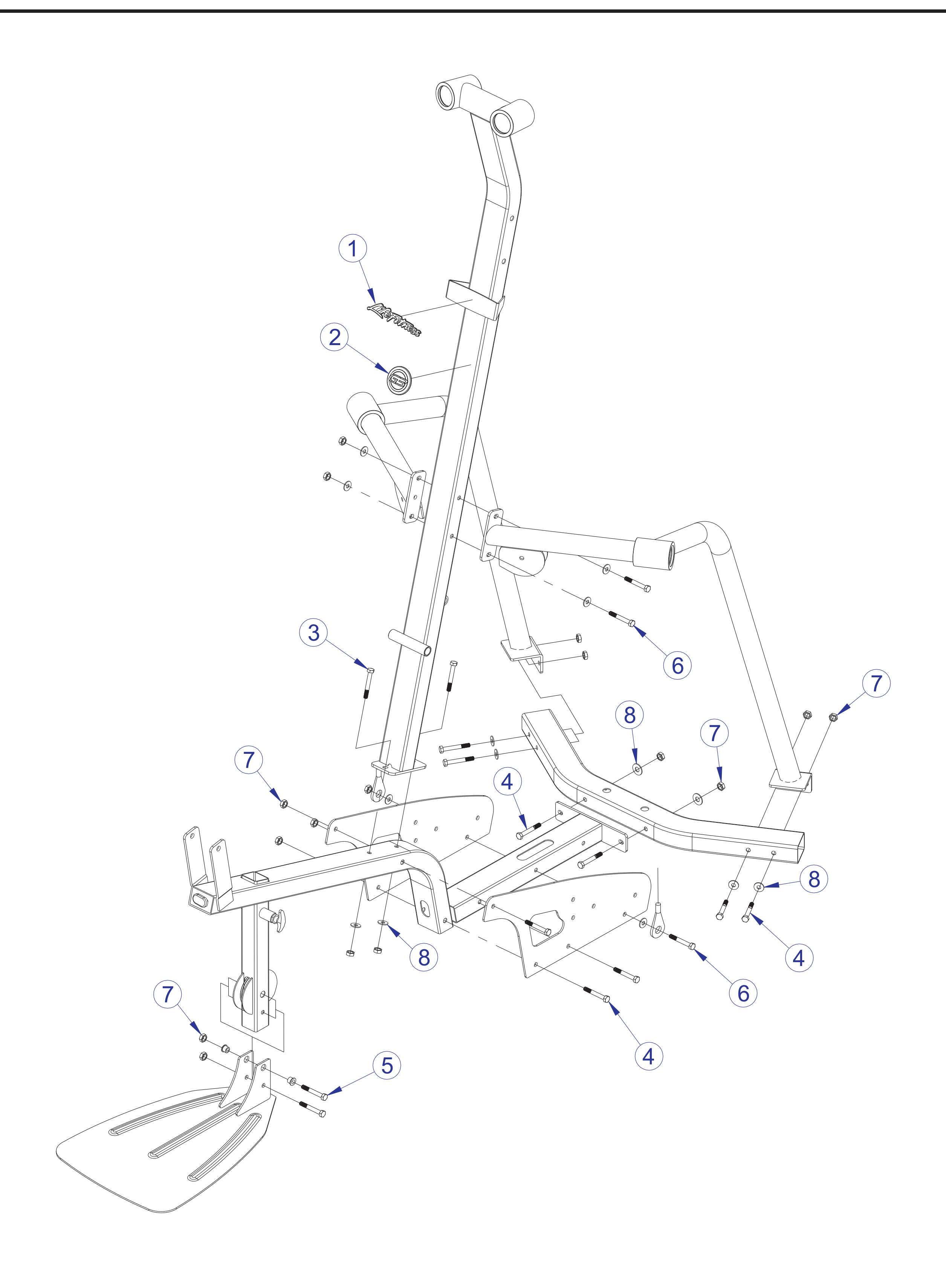
G3-001 G3 HOME GYM
COMPONENT ASSEMBLY I



LEGEND ON PAGE 4

G3-001 G3 HOME GYM
COMPONENT ASSEMBLY I LEGEND

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8578301	ASSY, UPRIGHT
2	1	8579001	ASSY, LEFT BOOM PLATE
3	1	8578701	ASSY, RIGHT BOOM PLATE
4	1	8580701	ASSY, STACK BASE
5	2	8593601	FOOT, CAP
6	2	8594901	BASE PLATE
7	1	8580201	ASSY, FRONT BASE
8	1	8582001	T-HANDLE SPRING PIN
9	1	8610001	BUMPER
10	1	8580401	KNOB, SEAT ADJUSTER
11	1	8587801	WLDMT, FOOT PLATE
12	1	8577801	ASSY, LEG PEDESTAL
13	1	8582201	CAP, END 75 X 50
14	2	6020601	BEARING, FLG 1/2 ID X 5/8 OD X .750
15	1	8585201	ASSY, SEAT ADJUST
16	1	8585401	CAP, END 2 SQ
17	2	8585001	CAP, END 1-3/4
18	1	8594301	PAD, CONSUMER, SEAT
19	1	8594201	PAD, CONSUMER, BACK
20	1	8596301	ASSY, ACCESSORY BAR
21	2	8596201	ROUND END CAP, 25.4 DIA
22	2	3103801	LINK, SNAP 5/16 DIA
23	1	8595001	WLDMT, BACK PAD ADJ
24	4	7872601	ASSY, QUICK CONNECT
25	2	7016902	1 RING HANDLE, 5-1/2 X 14-1/2
26	2	8578601	ASSY, SWIVEL PULLEY
27	2	8578501	CAP, END DIA 50.8
28	1	8595501	PTD ASSY, SHROUD BRKT - TOP
29	1	8595601	PTD ASSY, SHROUD BRKT - BOTTOM
30	1	8589001	SHROUD, LEFT
31	1	8588901	SHROUD, RIGHT
32	1	8594401	ASSY, LEFT ARM
33	1	8579301	ASSY, RIGHT ARM
34	1	8600301	EXERCISE CARDS, G3
35	2	8594701	ASSY, MID SWIVEL PULLEY
36	2	8579201	SOCKET BUSHING
37	2	3103302	SHAFT COLLAR, 13/16 ID ZINC
38	2	6816501	GUIDE ROD, 3/4 DIA X 76
39	2	3108002	CUSHION, WEIGHT STACK 3/4 ID
40	2	8588601	WLDMT, WEIGHT STACK SPACER
41	1	8587601	WEIGHT STACK PIN
42	2	8604201	MAGNET, CARD HOLDER
43	1	8601001	ASSY, LAT BAR
44	2	8583101	GRIP, ROW BAR
45	2	3119304	CAP, END 1 DIA RD 10-12GA
46	1	8588301	ASSY, LOW ROW BAR
47	1	6075906	CHAIN, 12 LINK
48	1	6409101	STRAP, ANKLE STANDARD
49	1	7316203	3/4 X 21 TUBE
50	6	8598001	AL CAP, ROLLER PAD END
51	6	3268301	CAP SCREW, BTN HD 3/8-16 BO
52	12	8584201	WASHER, PLASTIC
53	6	8578401	PAD, ROLLER
54	1	7316202	3/4 X 18-7/8 TUBE
55	1	7316201	3/4 X 17-7/8 TUBE
56	2	6020601	BEARING, FLG 1/2 ID X 5/8 OD X .750
57	2	3268001	SPACER, FLANGE 3/8 X 3/4

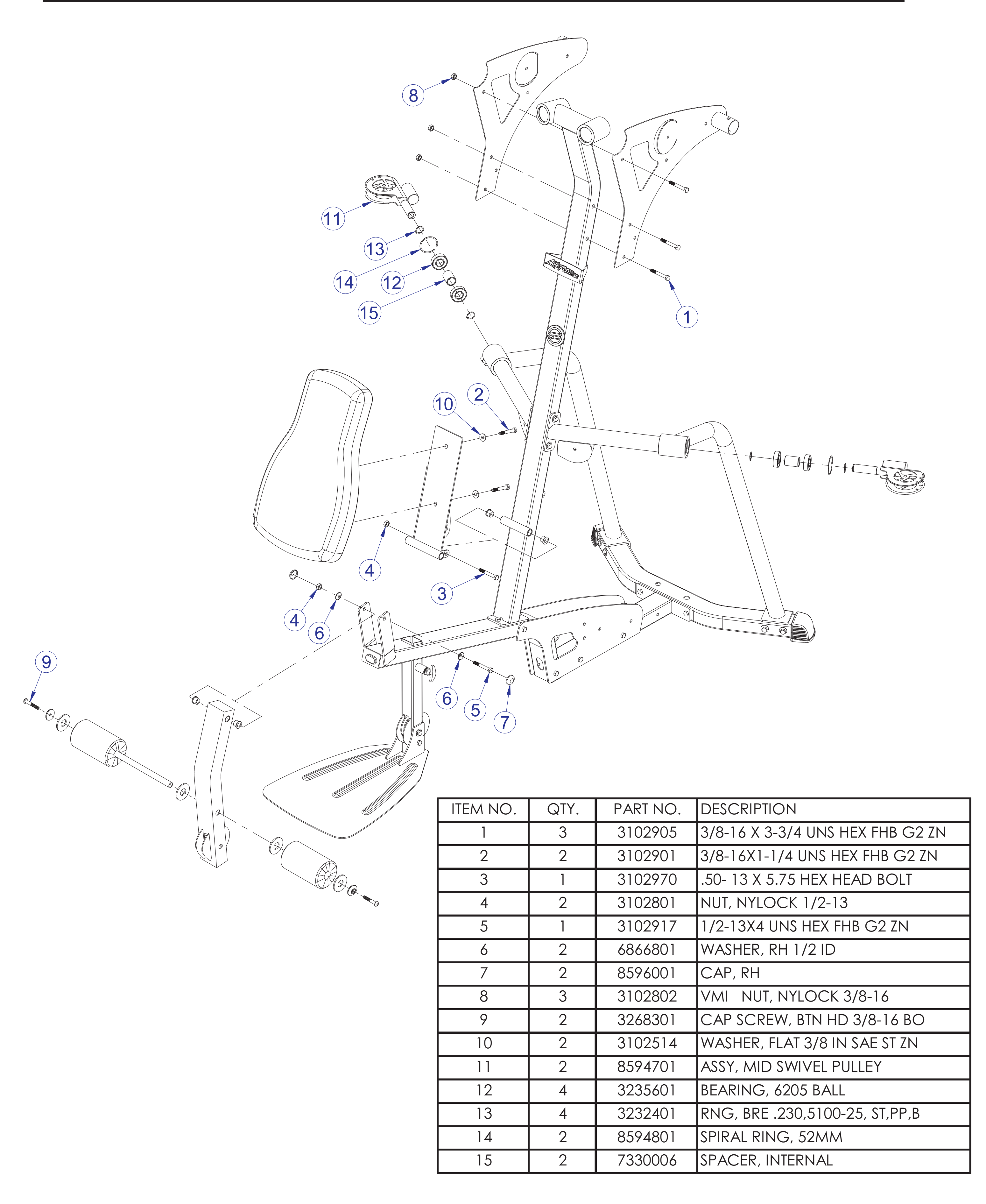


LEGEND ON PAGE 6

G3-001 G3 HOME GYM
COMPONENT ASSEMBLY II LEGEND

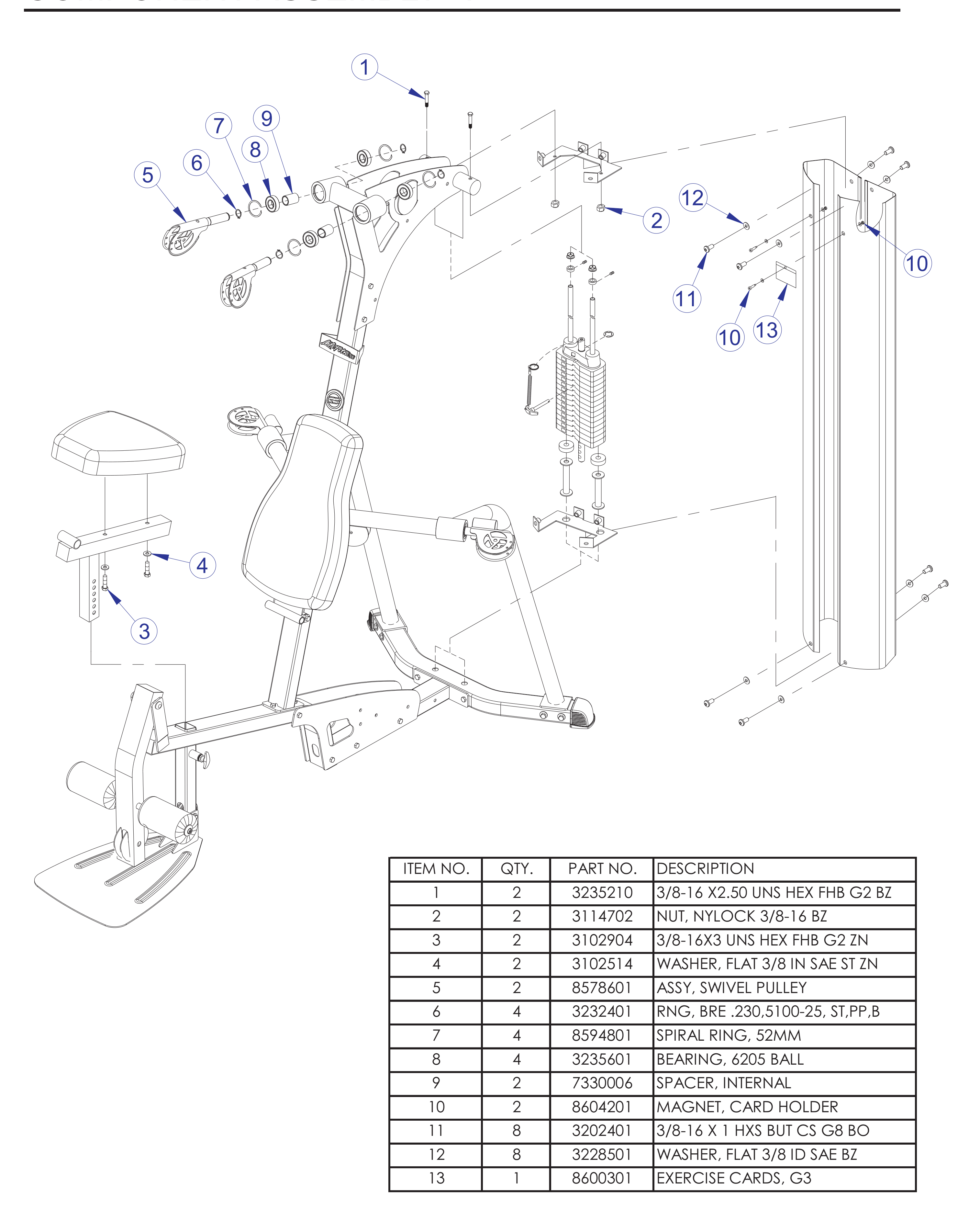
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8580601	LABEL, LF LOGO 6.63
2	1	8580501	BADGE, G3
3	2	3102922	3/8-16X2-3/4 UNS HEX FHB G2 ZN
4	9	3102905	3/8-16 X 3-3/4 UNS HEX FHB G2 ZN
5	2	3102904	3/8-16X3 UNS HEX FHB G2 ZN
6	3	3102955	3/8-16X4-1/4 UNS HEX FHB G2 ZN
7	16	3102802	VMI NUT, NYLOCK 3/8-16
8	14	3102514	WASHER, FLAT 3/8 IN SAE ST ZN

G3-001 G3 HOME GYM
COMPONENT ASSEMBLY III



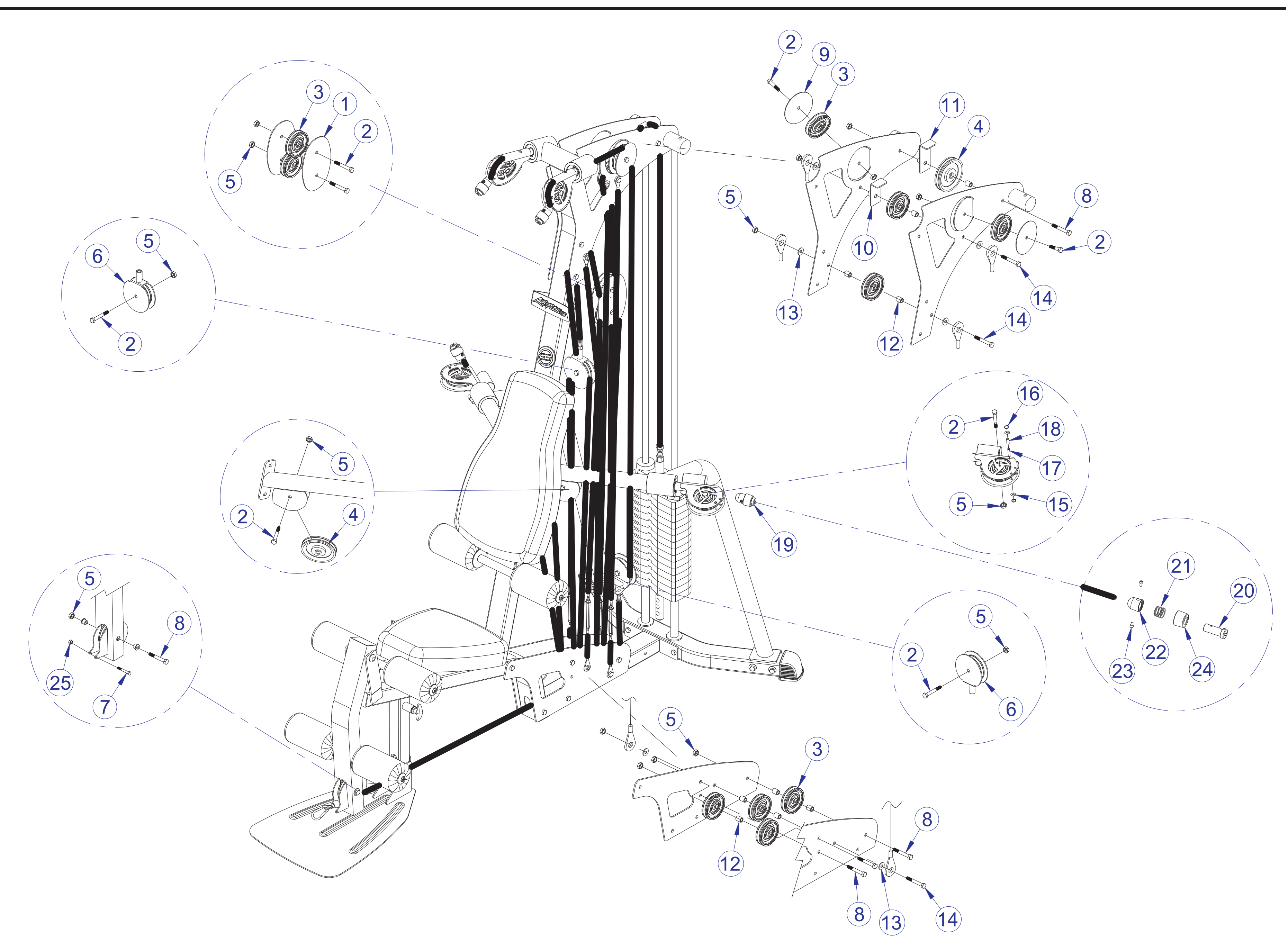
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	3	3102905	3/8-16 X 3-3/4 UNS HEX FHB G2 ZN
2	2	3102901	3/8-16X1-1/4 UNS HEX FHB G2 ZN
3	1	3102970	.50- 13 X 5.75 HEX HEAD BOLT
4	2	3102801	NUT, NYLOCK 1/2-13
5	1	3102917	1/2-13X4 UNS HEX FHB G2 ZN
6	2	6866801	WASHER, RH 1/2 ID
7	2	8596001	CAP, RH
8	3	3102802	VMI NUT, NYLOCK 3/8-16
9	2	3268301	CAP SCREW, BTN HD 3/8-16 BO
10	2	3102514	WASHER, FLAT 3/8 IN SAE ST ZN
11	2	8594701	ASSY, MID SWIVEL PULLEY
12	4	3235601	BEARING, 6205 BALL
13	4	3232401	RNG, BRE .230,5100-25, ST,PP,B
14	2	8594801	SPIRAL RING, 52MM
15	2	7330006	SPACER, INTERNAL

G3-001 G3 HOME GYM
COMPONENT ASSEMBLY IV



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	3235210	3/8-16 X2.50 UNS HEX FHB G2 BZ
2	2	3114702	NUT, NYLOCK 3/8-16 BZ
3	2	3102904	3/8-16X3 UNS HEX FHB G2 ZN
4	2	3102514	WASHER, FLAT 3/8 IN SAE ST ZN
5	2	8578601	ASSY, SWIVEL PULLEY
6	4	3232401	RNG, BRE .230,5100-25, ST,PP,B
7	4	8594801	SPIRAL RING, 52MM
8	4	3235601	BEARING, 6205 BALL
9	2	7330006	SPACER, INTERNAL
10	2	8604201	MAGNET, CARD HOLDER
11	8	3202401	3/8-16 X 1 HXS BUT CS G8 BO
12	8	3228501	WASHER, FLAT 3/8 ID SAE BZ
13	1	8600301	EXERCISE CARDS, G3

G3-001 G3 HOME GYM
COMPONENT ASSEMBLY V

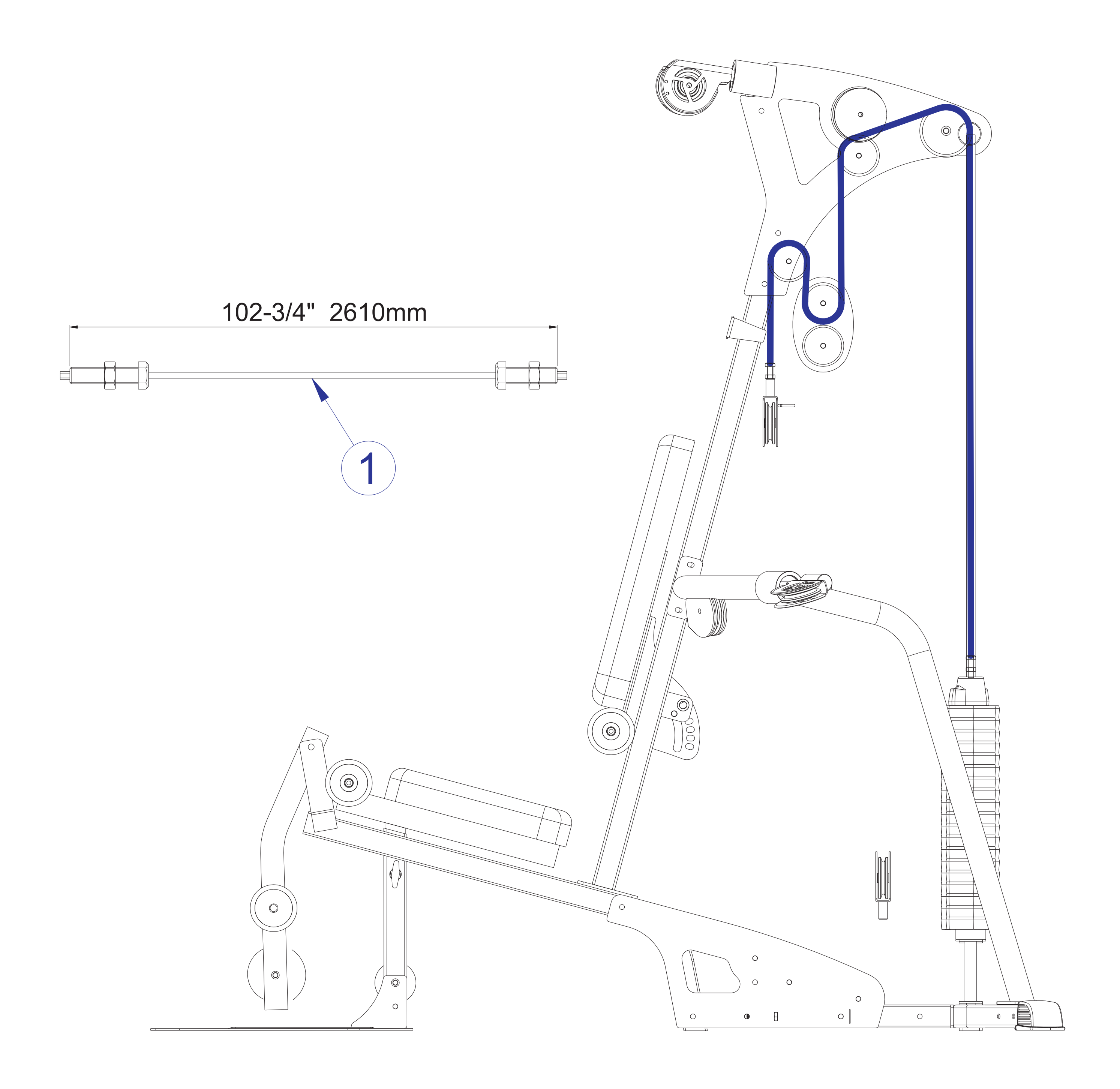


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G3-001 G3 HOME GYM
COMPONENT ASSEMBLY V LEGEND

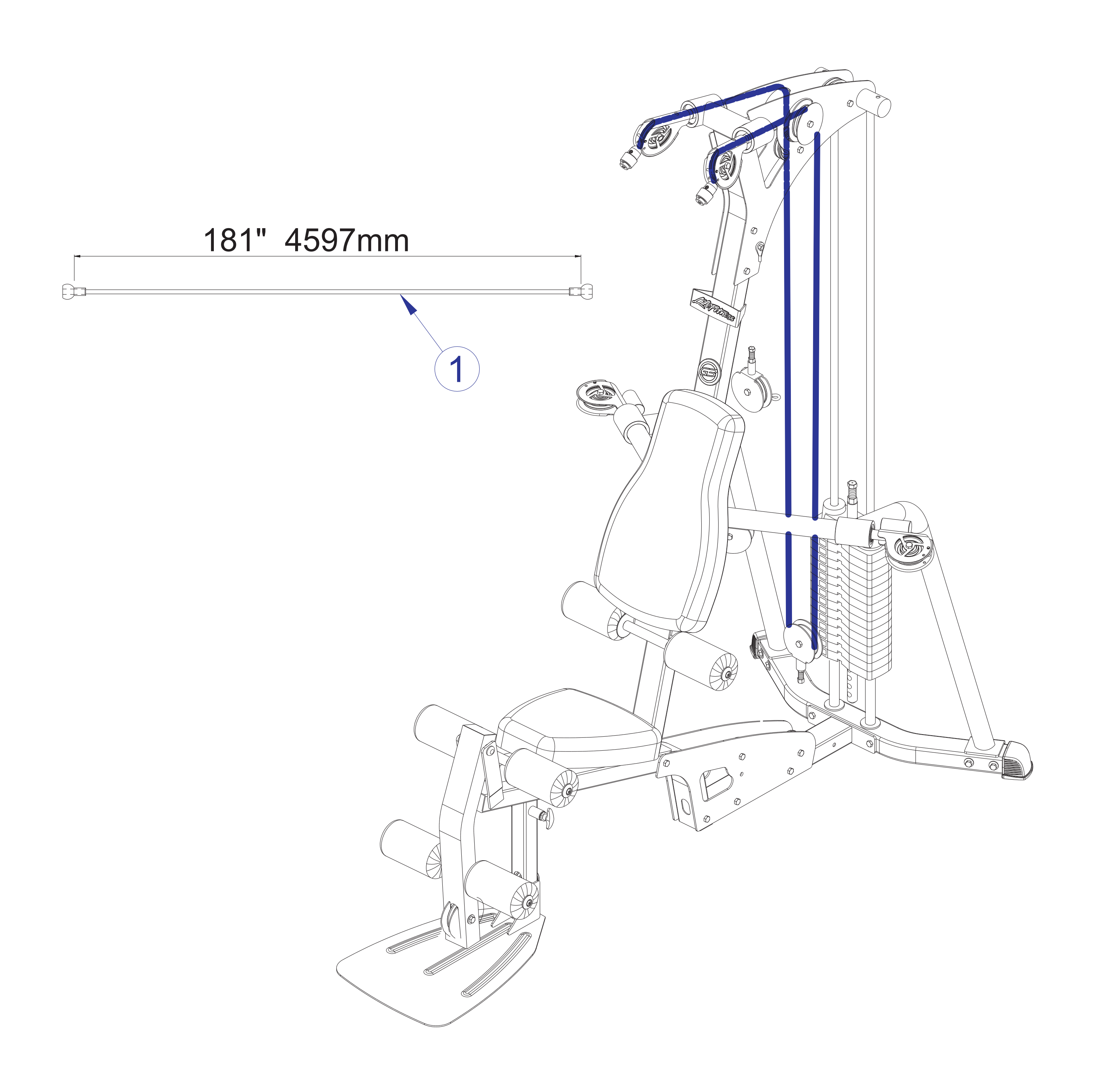
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	8595701	PLATE, DOUBLE PULLEY
2	7	3102924	3/8-16X1-3/4 UNS HEX FHB G2 ZN
3	10	3116201	PULLEY, 3-1/2 OD X 3/8 ID X 1
4	3	3116101	PULLEY, 4-1/2 OD X 3/8 ID X 1
5	16	3102802	VMI NUT, NYLOCK 3/8-16
6	2	8579701	WLDMT, FLOATING PULLEY
7	1	3223805	1/4-20 X 1-1/2 UNS HEX FHB G5 ZN
8	5	3102905	3/8-16 X 3-3/4 UNS HEX FHB G2 ZN
9	2	8578901	PLATE, PULLEY
10	1	8588801	3-1/2 CABLE GUARD
11	1	8595401	4-1/2 CABLE GUARD
12	9	8597702	SPACER, 3/8 X 1 LG
13	6	3102514	WASHER, FLAT 3/8 IN SAE ST ZN
14	3	3102955	3/8-16X4-1/4 UNS HEX FHB G2 ZN
15	2	3241801	WASHER, FLAT 6MM SS
16	2	3232401	RNG, BRE .230,5100-25, ST,PP,B
17	1	8594001	SHAFT, BALL STOP
18	1	8600501	PLASTIC, SLEEVE
19	4	7872601	ASSY, QUICK CONNECT
20	1	7726201	COUPLER, QUICK CONNECT
21	1	3249901	SPRING, COMPRESSION
22	1	7726401	HSNG, QUICK CONNECT
23	2	3250002	M5 X 0.8 X 8 HXS SOC CS ST BZ
24	1	7726301	SLEEVE, QUICK CONNECT
25	1	3102809	NUT, NYLOCK-JAM 1/4-20 ST ZN

G3-001 G3 HOME GYM
WEIGHT STACK CABLE



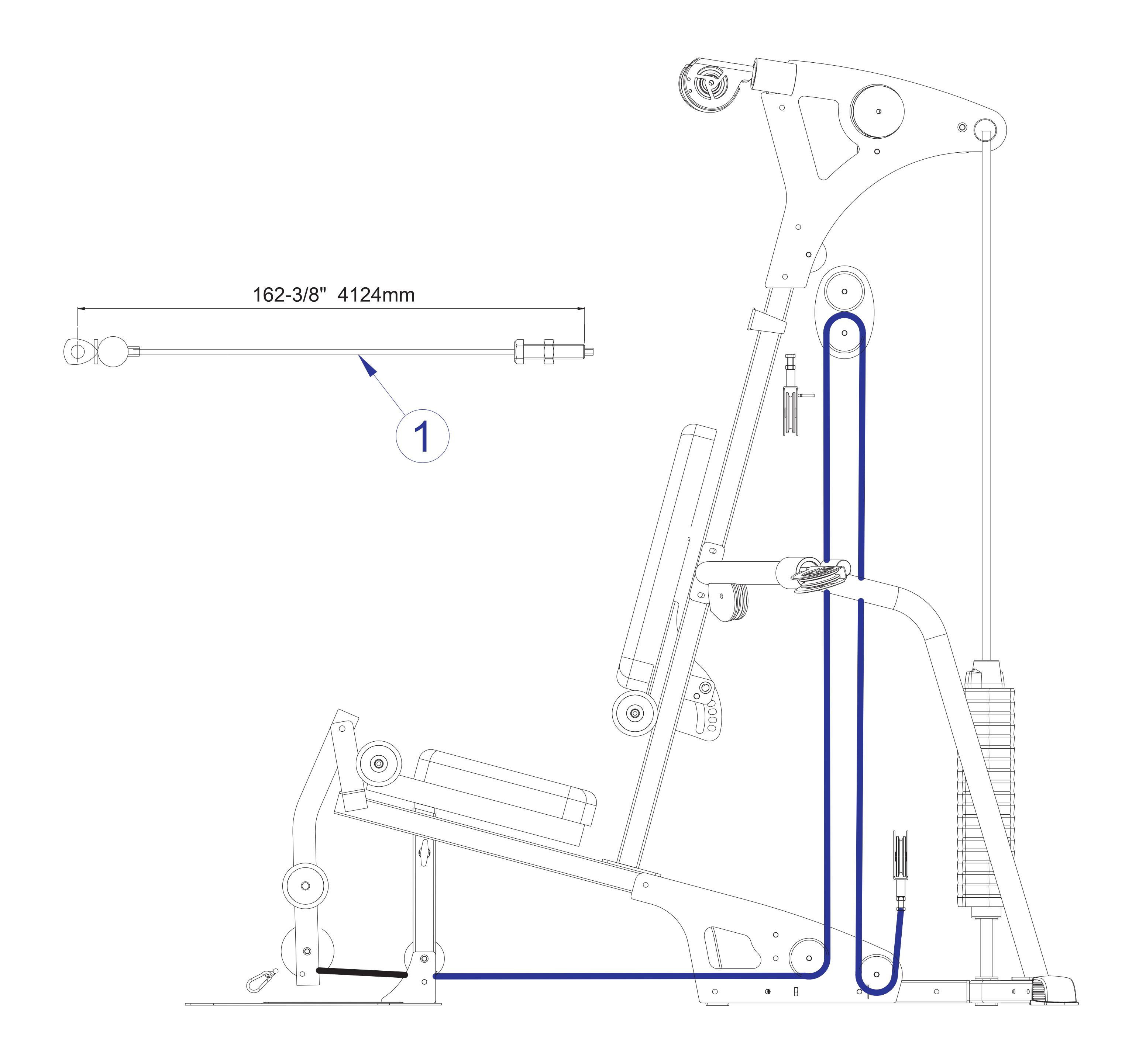
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7155701	WEIGHT STACK CABLE,TP1-TP2,TI,104-3/8

G3-001 G3 HOME GYM
BOOM CABLE



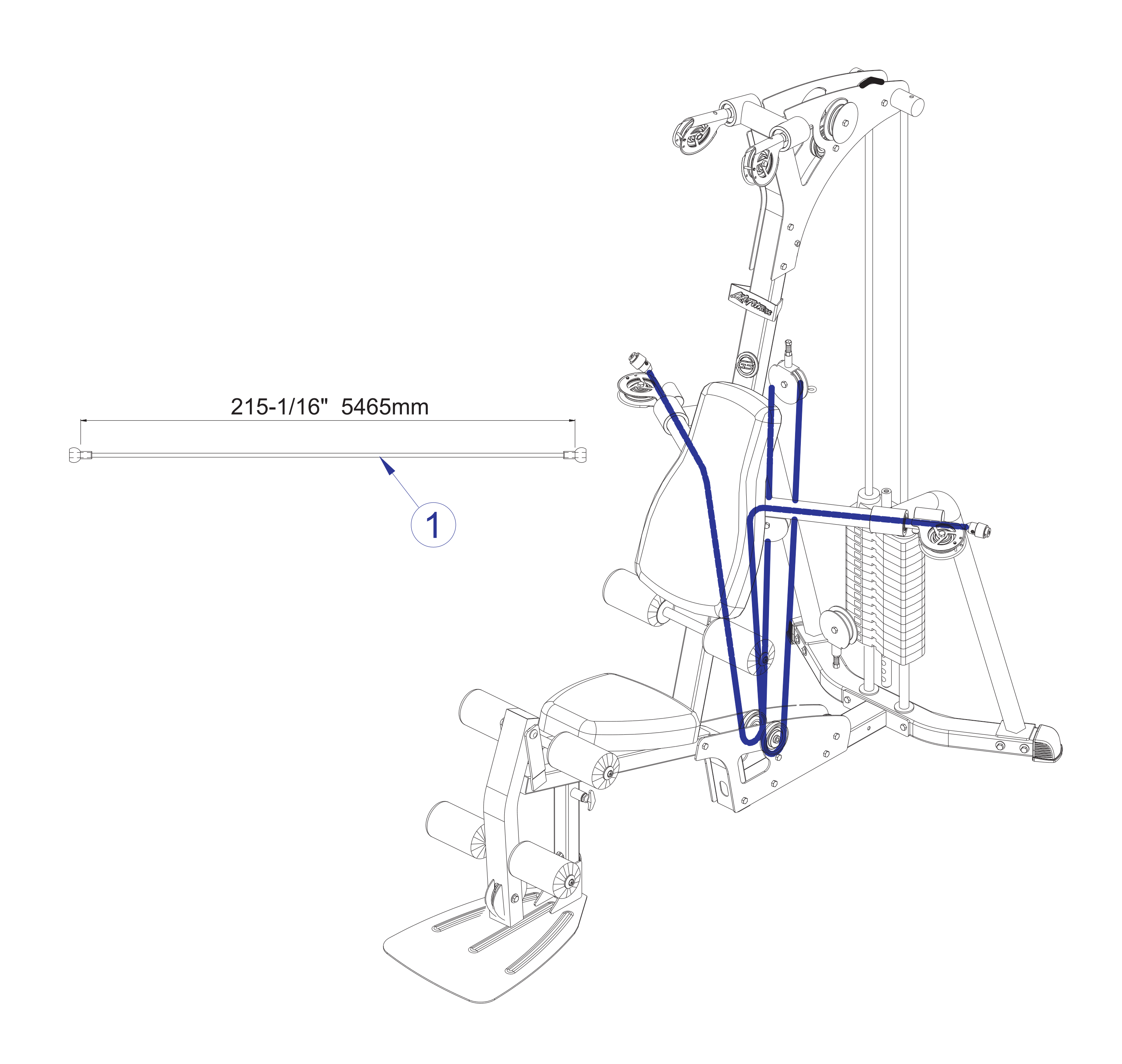
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	6988101	BOOM CABLE,SE,NB2-NB2,SE,T1,178-5/8

G3-001 G3 HOME GYM
LEG CABLE



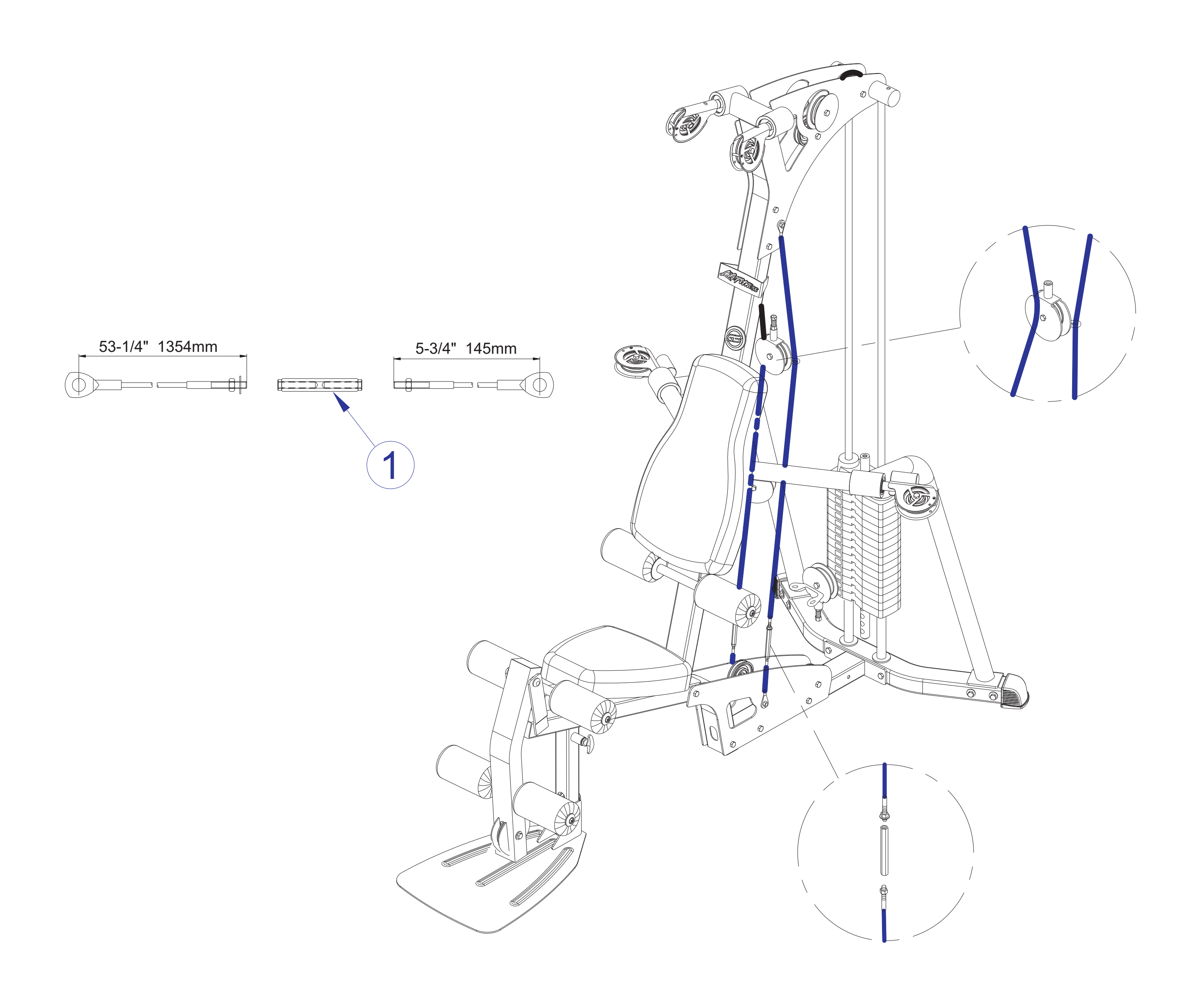
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	6987901	LEG CABLE,SE,NB2-TP2,T1,165

G3-001 G3 HOME GYM
ARM CABLE



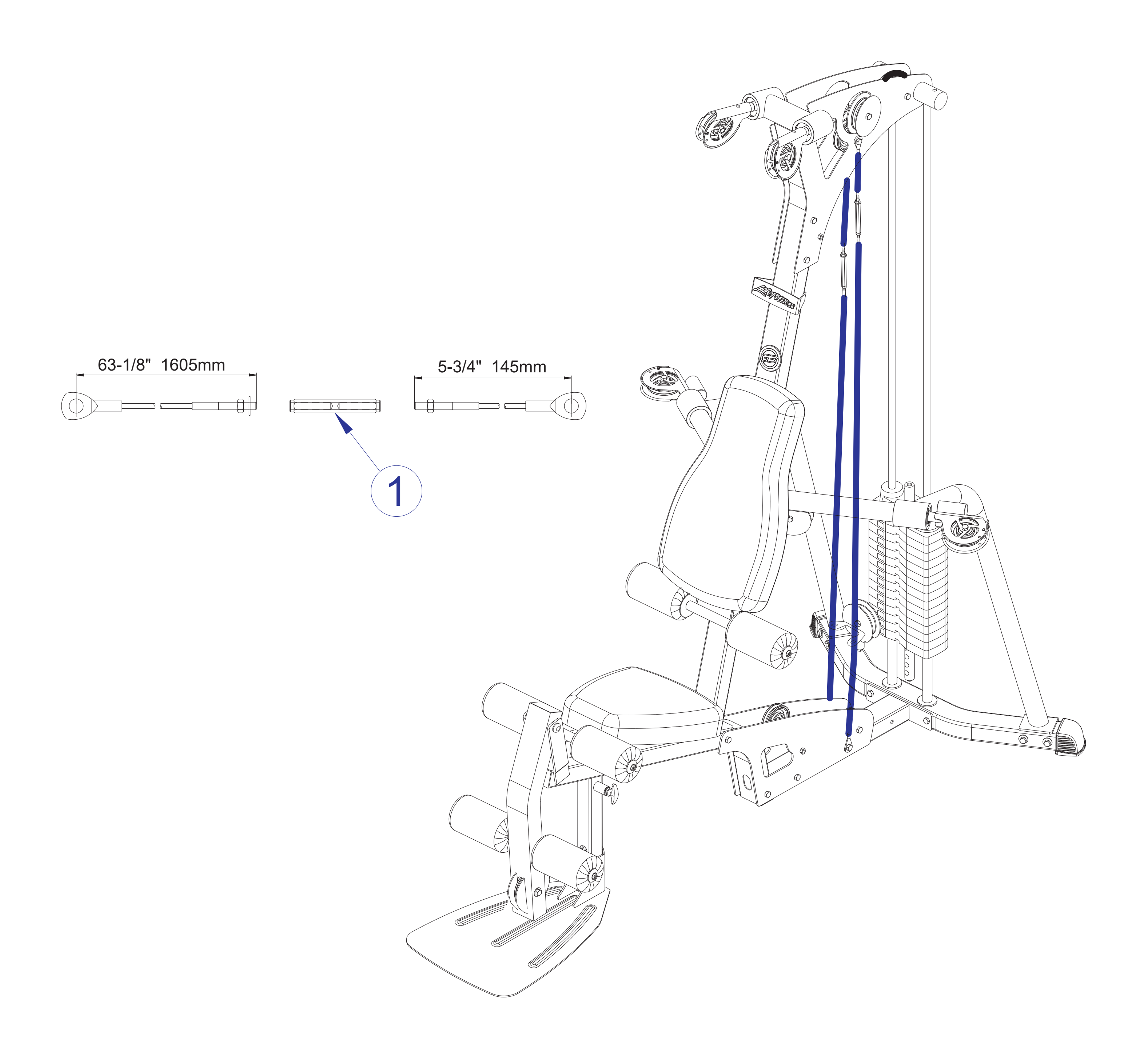
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8596401	ARM CABLE 215 1/16 L

G3-001 G3 HOME GYM
FRONT GUIDE CABLES



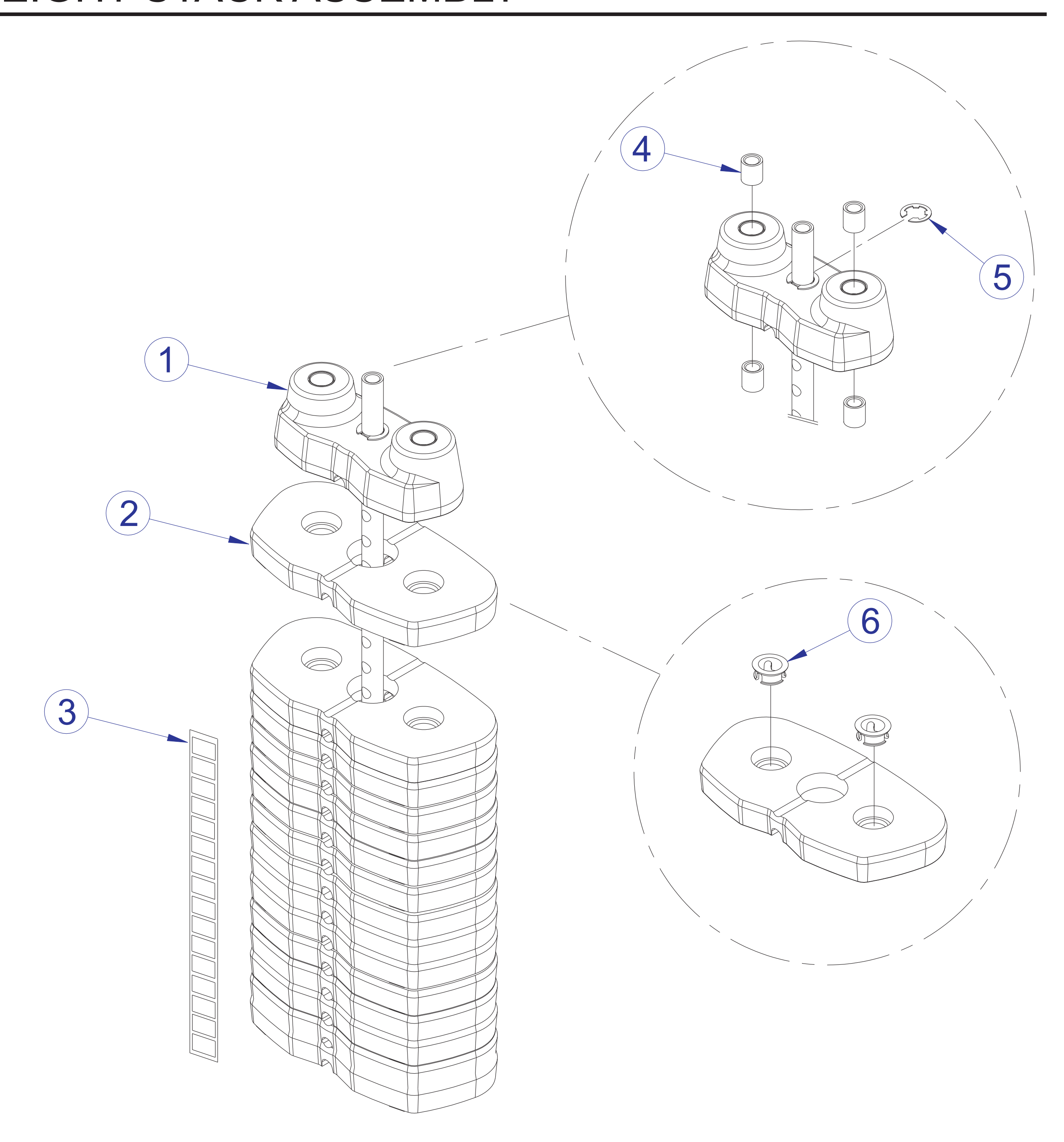
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	7122101	CABLE ASSY, 777 GUIDE P13-0112-3

G3-001 G3 HOME GYM
REAR GUIDE CABLES



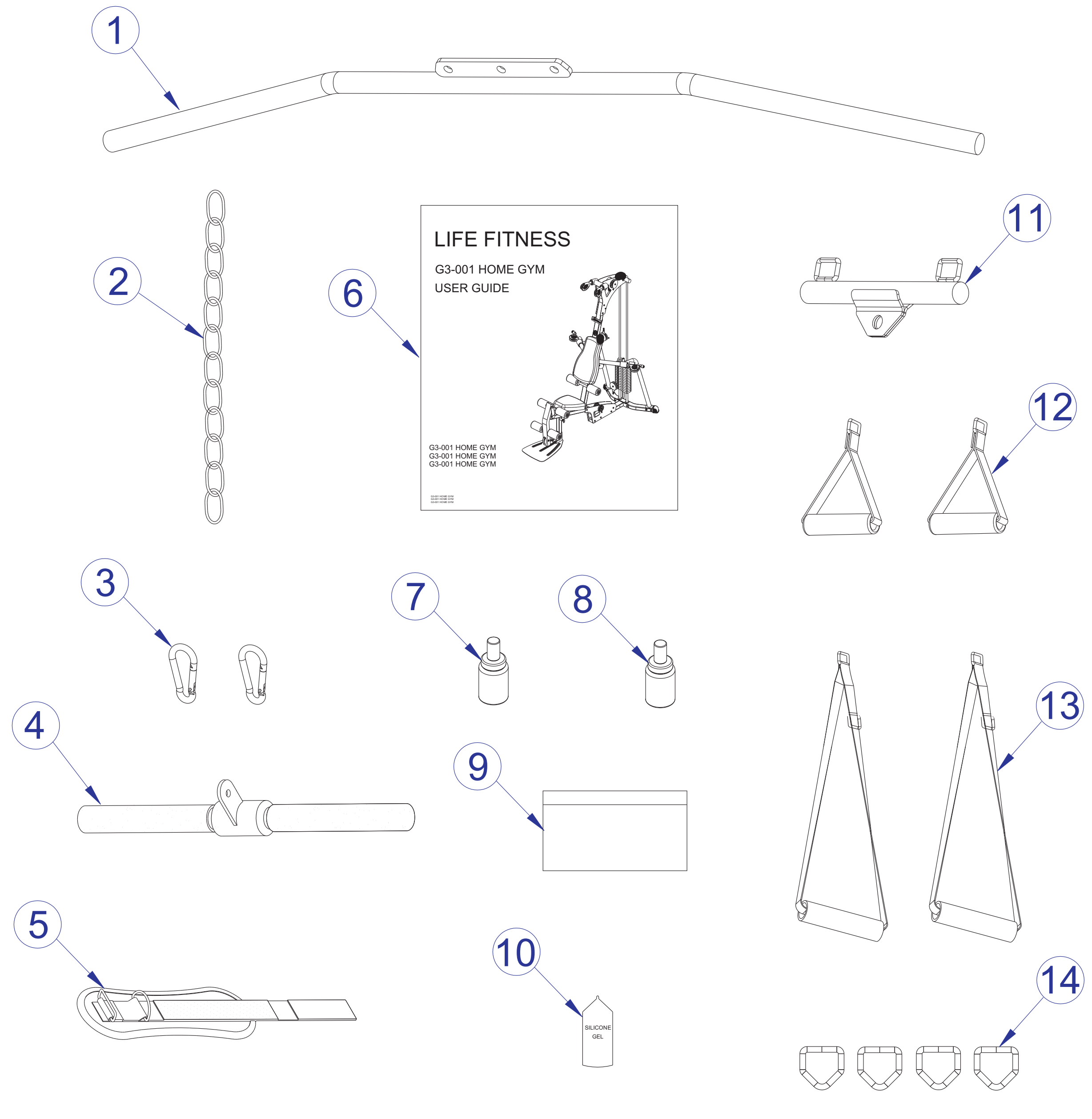
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	8596501	CABLE 63 1/8/5 5/8 P13-0223

G3-001 G3 HOME GYM
WEIGHT STACK ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7292801	PTD ASSY, HEAD PLATE 20 HOLE
2	15	ACUWT-PLATE	215102 SINGLE WT PLATE 10 LBS
3	1	7308601	LABEL;WEIGHT STACK 1-26
4	4	7286601	BEARING,SLEEVE 20ID X23 X 15MM
5	1	3221702	E-RING, EXTERNAL 3/4
6	30	6224501	SOCKET BUSHING

G3-001 G3 HOME GYM
SUPPLIED ACCESSORIES



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8601001	ASSY, LAT BAR
2	1	6075906	CHAIN, 12 LINK
3	2	3103801	LINK, SNAP 5/16 DIA
4	1	8588301	ASSY, LOW ROW BAR
5	1	6409101	STRAP, ANKLE STANDARD
6	1	8600401	MANUAL, USER'S, G3
7	1	8599601	PAINT, TOUCH UP, PLATINUM
8	1	8598401	PAINT, TOUCH UP, SHADOW GREY
9	1	8600301	EXERCISE CARDS, G3
10	1	8598301	SILICONE GEL
11	1	8596301	ASSY, ACCESSORY BAR
12	2	7016901	HANDLE, SEWN 5-1/2 X 7-1/2
13	2	7016902	HANDLE, SEWN 5-1/2 X 14-1/2
14	4	7944401	RING, UNIVERSAL ADAPTER

HARDWARE BAG PART NUMBER

8600201

BAG CONTAINS:

QTY.	PART NO.	DESCRIPTION
1	3102970	.50- 13 X 5.75 HEX HEAD BOLT
1	3102917	1/2-13X4 UNS HEX FHB G2 ZN
6	3102955	3/8-16X4-1/4 UNS HEX FHB G2 ZN
16	3102905	3/8-16 X 3-3/4 UNS HEX FHB G2 ZN
6	3102904	3/8-16X3 UNS HEX FHB G2 ZN
4	3102922	3/8-16X2-3/4 UNS HEX FHB G2 ZN
2	3102901	3/8-16X1-1/4 UNS HEX FHB G2 ZN
5	3102924	3/8-16X1-3/4 UNS HEX FHB G2 ZN
6	3268301	CAP SCREW, BTN HD 3/8-16 BO
26	3102514	WASHER, FLAT 3/8 IN SAE ST ZN
2	3102801	NUT, NYLOCK 1/2-13
33	3102802	VMI NUT, NYLOCK 3/8-16
2	6866801	WASHER, RH 1/2 ID
9	8597702	SPACER, 3/8 X 1 LG
2	3268001	SPACER, FLANGE 3/8 X 3/4
2	3268101	SPACER, FLANGE 3/8 X 1-1/16
2	3103302	SHAFT COLLAR, 13/16 ID ZINC
4	7944401	RING, UNIVERSAL ADAPTER
6	8598001	AL CAP, ROLLER PAD END